IT'S A GIRL
BENICIO DEL TORO MISSES BIRTH OF DAUGHTER {page 13}

LUNCH RUSH
TRY A CHICKEN OR LAMB SOUVLAKI FROM THIS GREEK CART {page 15}

ISRAEL GIVES GOOGLE STREET VIEW THE GREEN LIGHT

{page 8}

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Tuesday, August 23, 2011
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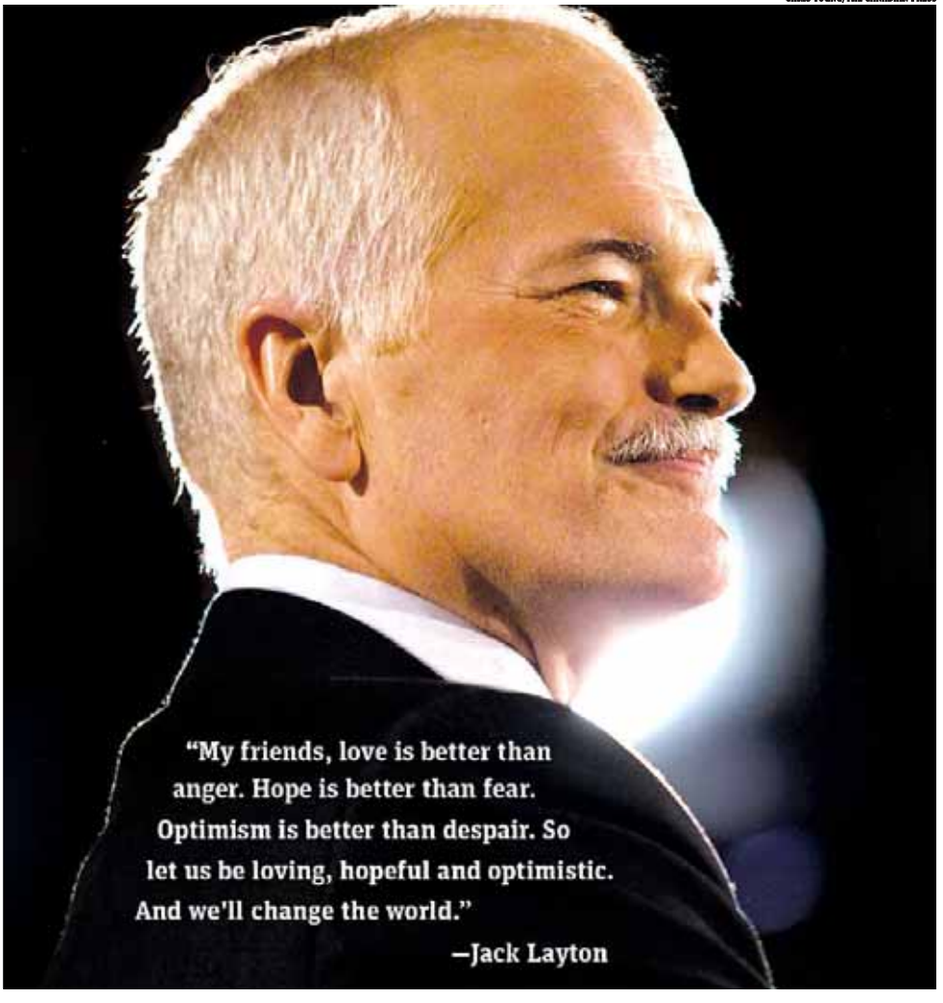
News worth sharing.

CHRIS YOUNG/THE CANADIAN PRESS


"My friends, love is better than anger. Hope is better than fear. Optimism is better than despair. So let us be loving, hopeful and optimistic. And we'll change the world."
—Jack Layton

Farewell, Jack

- B.C. mourns Jack Layton's death
- Colleagues, fellow politicians praise his energy and dedication as a public servant

PHYLICIA TORREVILLAS
@METRONEWS.CA

The death of NDP leader Jack Layton early yesterday morning shocked many British Columbians and those who knew him.

B.C. Federation of Labour president Jim Sinclair said he will always remember the one-on-one chats he had with the 61-year-old, who lost his battle with cancer.

"When Jack would come to town, he would phone me up and we would go for breakfast," said Sinclair, who knew Layton for almost a decade. Losing Layton is a big blow to the whole country, he added.

"Jack didn't believe it was about Jack. He believed it was about all of us.

"(He also) probably had the biggest Rolodex or BlackBerry phone book in the world because he was well-connected across the whole country, and that's what made him great at what he did."

"He battled cancer with incredible dignity and the spirit of his work will live on through the many people he inspired as a leader."
MAYOR GREGOR ROBERTSON

Premier Christy Clark and Mayor Gregor Robertson also praised his tireless efforts to build a better Canada and sent out their condolences to Layton's wife, Olivia Chow, and his whole family.

"He battled cancer with incredible dignity and the spirit of his work will live on through the many people he inspired as a leader," Robertson said.

More coverage {pages 3 & 6}

Starts December 2
White Irving Berlin's Christmas
The musical you've been dreaming of!
CHRISTMAS: THE MUSICAL. PHOTO BY DAVID COOPER

New Delhi go-getter persists to overcome newcomer hurdles

The path to success looked smooth to Avnish Soni and his wife Pinki when they attended a New Delhi seminar about immigrating to Canada. Unfortunately, no one could anticipate the global economic crisis that greeted them in British Columbia in early 2009. Today, through personal persistence – and support from Scotiabank – the couple are progressing towards their goals.

Back at the 2008 seminar sponsored by Scotiabank, the Soni family was excited about moving to Canada. Bank representatives explained financial services to help them get established in their new country, and Avnish, an MBA-trained branch manager at one of India's largest banks, was excited by the prospect of seeking work at the Canadian bank.

"I'm a go-getter and I liked how Scotiabank was proactive in sharing settlement information and pre-arranging banking and credit services," recalls Avnish, referring to the ***Scotiabank StartRight***® Program[1] for Newcomers, which includes a free day-to-day bank account for one year[2], a wide range of VISA* card options[3] and a number of other customized services and benefits. "I decided to make Canada's most international bank the first target in my job search."

On arrival in Surrey, BC, the experienced banker was pleasantly surprised when the Scotiabank Branch Manager emerged from his office to welcome the couple and their two daughters. "I was astonished by the friendly service and how our account and debit cards were waiting for us, as promised in New Delhi," says Avnish, who adds that his unsecured VISA credit card was ready within a week.

While the weak economy challenged the Sonis' immediate career hopes, the Scotiabank Branch Manager accepted Avnish's resumé and offered career tips. Pinki applied her teaching degree as a tutor.

"We stayed positive and kept working at it," notes Avnish, who worked odd jobs while he studied for his mutual funds license, joined professional associations and often visited the Scotiabank branch to keep in touch. His determination paid off when 18 months later, he was hired into the Bank training program.

Recently promoted to Senior Personal Banking Officer at Scotiabank's suburban White Rock Branch, Avnish is eager to dispense tips on personal finance, government services and career-building. "A newcomer has many fears of the unknown, and my goal is to be their friend who is a banker, showing them how to lower expenses, manage credit and learn how Canada works."

Career-wise, Avnish tells newcomers to stick with their goals, despite the hurdles. "Take a job to put food on the table, but don't lose focus on what you want to do. Work on your language skills, learn about job market expectations and see how you can add value," he says.

Perseverance also helps newcomers reach financial goals. "It's never too early to start a financial plan, and I guide newcomers on ways to start saving for a home or any goal. For my family and me, our journey has just begun, but we've got something to aim for and that's why we came here."

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[1]The *Scotiabank StartRight* Program, created for Canadian Landed Immigrants from 0-3 years in Canada, International Students and Foreign Workers.
*The Contest commences at 12:01 a.m. (ET) on April 1, 2011 and ends at 11:59 p.m. (ET) on March 31, 2012 (the "Contest Period"). No purchase is necessary. To enter this Contest, entrants must register online at startright.scotiabank.com/srcontest. There will be one (1) Grand Prize awarded consisting of a ten thousand dollar (CAD 10,000) cheque payable to the winner and deposited into the winner's *Scotia Powerchequing*® account. The Grand Prize winner will be randomly selected on April 2, 2012. There will be three (3) Secondary Prizes awarded, each consisting of a three thousand dollar (CAD 3,000) cheque payable to each winner and deposited into each winner's *Scotia Powerchequing* account. One (1) Secondary Prize winner will be randomly selected on each of the following dates – August 2, 2011; December 1, 2011; April 2, 2012. Entrants in each draw period that have not been selected as a winner will be entered into the subsequent draw. Chances of winning depend on the total number of eligible entries at each draw date. This Contest is open to residents of Canada that have reached the age of majority in their province or territory of residence by the start of the Contest Period. Employees of The Bank of Nova Scotia, Carlson Marketing, Capital C, Rapp (and persons domiciled with them and immediate relatives) are not eligible to enter. Only one entry per person is permitted. Correctly answering a skill-testing question is required to be officially declared a winner. For full Contest details, go to **startright.scotiabank.com/srcontest**.

Survivor James shared special bond with Layton

Former B.C. NDP leader and cancer survivor Carole James feels fortunate to have known Jack Layton as both a leader and a friend.

"I think what drew people to Jack was his passion. He cared about (his political work) so deeply."

James said Layton's penchant for defying the odds heartened his supporters when his battle with cancer resumed.

"People have seen Jack overcome obstacles, and I think everybody hoped that he could do it again," she said. "That's why today is such a tough day."

KYLE FARQUHARSON

Jack captured public's hearts

Late NDP leader Jack Layton was on the minds of many Vancouverites yesterday. Here's what they had to say:

"This makes people wake up and realize here is a hero in Canadian politics that we maybe forgot about. He will definitely matter more now, even though he's not here for it."
Dylan Moore, 25

"It's a sad day for a man who has led that party for so many years, and I think in the last federal election he really came back strongly, so timing is quite disappointing. It's a difficult point for the party to hang on to that."
Paul Eekhoff, 48

ARIANA KAKNEVICIUS

PHYLICIA TORREVILLAS/METRO

▶ Robin Horner takes part in a candlelight vigil at the Vancouver Art Gallery yesterday evening to celebrate the life and legacy Jack Layton. More than 500 people attended.

Local MPs remember Layton with pride

- Leader's death '90 per cent grief, 10 per cent celebration' of life: Davies
- Layton credited with changing tone of Canadian politics

KYLE FARQUHARSON
VANCOUVER@METRONEWS.CA

In the wake of Jack Layton's passing, "shock and grief" are the predominant emotions within the New Democratic Party, says Vancouver-Kingsway MP Don Davies.

However, Davies emphasized his party's bereavement is tempered with notes of pride.

"We're proud of Jack, and proud of our party. So the mood right now is about 90 per cent grief, and 10 per cent celebration (of Jack's life and achievements)."

Davies, who knew the New Democrat leader personally, added that Layton's grace, optimism, empathy and consideration for others always stood out.

"It didn't matter if (Jack) was talking to the prime minister or a person in the street, he gave that person his full attention and he conducted himself with a kindness and respect. That's really inspiring."

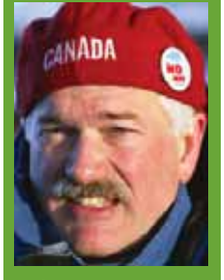
Libby Davies, the MP for Vancouver East and NDP deputy leader, remembered the poignancy of Layton's team-building analogies.

"He said, 'When you're in the whitewater, you have to make sure you're all in the canoe, paddling the same way,'" she recalled.

"I think his legacy will be the way he changed Canadian politics, and made people believe there's a hopeful future."

1 news

Investment adviser Allan Small on why investors should stick to the stocks they know. Scan code for story.



Friends and colleagues remember NDP leader Jack Layton. Video at metronews.ca

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UNTREATED TREATED

VPD takes action on pedestrian deaths

- Province gives $30,000 for campaign to raise awareness about safety
- More officers deployed to monitor high-crash intersections

PHYLICIA TORREVILLAS/METRO

▶ A pedestrian crosses the intersection of Robson and Burrard streets yesterday on a rainy Vancouver day.

PHYLICIA TORREVILLAS
@METRONEWS.CA

Vancouver police have received $30,000 in provincial funding for a three-week enforcement campaign to cut down on the number of pedestrian deaths on city streets.

Nine pedestrians have been killed so far this year, compared to five last year.

The Pedestrian Enforcement Initiative aims to raise public awareness about pedestrian safety to reduce injuries and deaths.

Insp. Ted Schinbein with the VPD traffic unit said more officers will be deployed to monitor high-collision intersections and corridors during rush hour.

"Pedestrian safety is everyone's responsibility," said Schinbein.

Officers will target motorists for stop sign offences, traffic light infractions and cellphone use, while pedestrians will be watched for jaywalking or leaving the curb when unsafe.

Police will also issue warnings or fine cyclists who ride on the sidewalk and don't halt at stop signs or traffic lights.

Risky routes

Vancouver's most high-risk corridors:

- Hastings Street (Abbott to Nanaimo)
- Burrard Street (Dunsmuir to Davie)
- East Broadway (Ontario to Commercial Drive)

Strike looms in teachers' dispute

The prospect of a teachers' strike is "very likely," according to Vancouver School trustee Ken Denike.

Denike is concerned that a lack of resolution in the current dispute could create a rift between teachers and administrators when school resumes, adding that a teach-only strike would undermine extracurricular programs.

"In some districts, teachers are not going ahead with clubs ... and potentially with (managing) school teams."

Denike said the strike also would preclude teacher-parent interaction outside of school hours, and would diminish school morale.

Teachers' Federation president Susan Lambert, who accused the provincial government last week of failing to pony up for education, disagrees with Denike's assessment.

"If anything, the teachers' morale will improve, because they'll be doing what they love to do, which is teach," she said.

Lambert added that teachers will continue to apprise parents of students' progress.

KYLE FARQUHARSON

VIOLENT INCIDENT

Police tracking road rage suspect

A road rage incident resulted in serious injuries to a 45-year-old male in West Vancouver Saturday night.

At approximately 9:45 p.m., the victim passed through the intersection of Taylor Way and Marine Drive and pulled over to let an aggressive motorist pass.

But instead of passing, the motorist pulled over, approached the victim in his vehicle and allegedly punched him in the face.

When the victim exited his vehicle to defend himself, the suspect hurried back to his own vehicle and allegedly drove into the victim, pinning him between the two vehicles.

The victim was treated for possible spinal injuries, according to West Vancouver police.

The suspect is described as a Caucasian male in his mid 30s, approximately five foot five, driving a black Toyota pickup truck with a possible licence plate 114.

ARIANA KAKNEVICIUS

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Fugitive being held

A 48-hour detention review was held in Vancouver yesterday for one of the 32 people named on a new list posted by the Canada Border Services Agency.

Xun Zhang, convicted of drug trafficking, went before the Immigration and Refugee Board, days after the CBSA expanded its online wanted list to include fugitives convicted of serious crimes and facing deportation.

THE CANADIAN PRESS

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FALLING UNDER LAYTON'S CHARM

PAUL SULLIVAN
METRO

I had lunch with Jack Layton once. I wrote a column about the West and the man from Toronto needed votes in the West, so we found ourselves at my favourite Szechwan restaurant in Vancouver.

The first surprise is that he ordered in Cantonese — learned from his wife, Olivia Chow. It surprised me, but the waiter was dumbfounded after so many years of being yelled at by unilingual patrons intent on ordering the fried green beans Szechwan style.

So I was impressed from the get-go.

Then we started talking about his roots in Hudson, Que., and it turned out we knew a bunch of the same people from Hudson. So after five minutes, he was my BFF.

I'm still not sure how it happened; it sure didn't take him long to get past the Dobermans. I was an easy victim of that legendary Layton charm.

But it wasn't until he started answering questions that I began to understand why more people ended up trusting Jack Layton than the rest of his party, not to mention Michael Ignatieff and the Liberals.

Ignatieff once insulted Jack by calling him a politician, but if all politicians were like Jack Layton, we'd live in a happier nation. Unlike most politicians — unlike Michael Ignatieff — Jack actually enjoyed mixing it up over fried beans and orange-peel chicken.

The interview turned into a kind of argument about energy. I asked him what he would say to oil company CEOs about the oilsands, and while he didn't reject the oilsands out of hand, he came back at me with all kinds of questions about their sustainability and about depending on an inefficient and limited source of energy when there were so many alternatives to be developed. He stuck to his guns even though it would have been better politics to stick to the usual array of meaningless messages.

Talk about energy. Jack could light a city the size of Winnipeg with the passion and enthusiasm he brought to his arguments. But he brought something else — he was comfortable with his own answers. It was as if he actually believed what he was saying.

We stayed and argued long past the hour allotted for lunch. His assistant's BlackBerry buzzed ominously but Jack kept going.

But now he's gone for good. Though not before making several million friends, including one cynical columnist, at lunch.

We'll miss him.

"I know one thing: Jack gave his fight against cancer everything he had. Indeed, Jack never backed down from any fight."
PRIME MINISTER STEPHEN HARPER

- **@fortunafilius** "#jacklayton was a giant of a man & a what an inspiring man he was! Thank you for everything! #loveisbetterthananger"
- **@natniles** "Canadian men should sport the 'Layton' for Movember this year in honor of Jack."
- **@bdgordonatlarge** "Just read the letter by #jacklayton. A truly happy warrior. Men: let your doctor get to know you better."
- **@elizaboothy** "Still reeling over #jacklayton. I can't imagine being this heartbroken over the passing of any other Cnd. political figure."

"We remember the Tommy Douglas quote Jack included in every email he sent: 'Courage my friends, 'tis never too late to build a better world.'"
INTERIM NDP LEADER NYCOLE TURMEL

Jack Layton, 1950-2011

Looking back at the life and times of late NDP leader Jack Layton.

July 18, 1950
Born in Montreal and grew up in Hudson, Que. He took his BA at Montreal's McGill University in the late 1960s, when radicalism blew through campuses like a stiff gale. The rebellious vigour of the times led him to political activism.

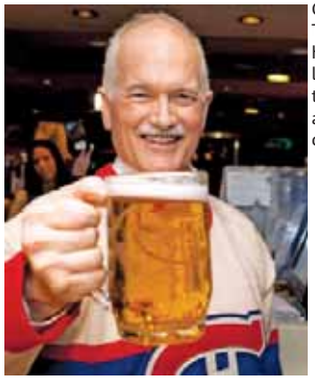
1969
Marries high-school sweetheart Sally Halford. The marriage, which produced two children, ended in 1983.

July 9, 1988
Marries Olivia Chow, seen here together in 1991. They would become the go-to couple of the left in Toronto politics. They rode a tandem bicycle along the waterfront, entertained, led rallies, marched in parades, ran for office and won.

1982
First elected to Toronto city council. Layton, seen here in 1985, served on Toronto and Metropolitan Toronto councils for 20 years. He was a politician in the mould of a people's tribune, with rolled-up sleeves, 14-hour days and seven-day weeks.

Feb. 10, 2010
Tells public he was diagnosed with prostate cancer.

May 2, 2011
Layton, seen here on the campaign trail in Montreal in April, leads the NDP to a record 103 seats and official Opposition status. Two months later, he would take a leave of absence to deal with another type of cancer.



Sept. 10, 2006
Layton, seen on Day 3 of the 2006 NDP convention in Quebec City, receives 92 per cent approval rating.

2003
Elected leader of the federal NDP, winning on the first ballot. After which, Layton, seen here at a Toronto Father's Day charity event in 2004, criss-crossed the country to raise the party profile. The trademark grin, the brush moustache, the earnest optimism, the characteristic head tilt were the tools of his trade.

Aug. 22, 2011
Layton's death from cancer at the age of 61 spurs an outpouring of grief across the country.

1950 1969 1982 1988 2003 2006 2010 2011

TEXT: THE CANADIAN PRESS
PHOTOS: THE CANADIAN PRESS/ TORSTAR NEWS SERVICE

An excerpt of a letter from Jack Layton to Canadians, dated Aug. 20, 2011.

... To young Canadians: All my life I have worked to make things better. ... As my time in political life draws to a close, I want to share with you my belief in your power to change this country and this world. There are great challenges before you, from the overwhelming nature of climate change to the unfairness of an economy that excludes so many from our collective wealth, and the changes necessary to build a more inclusive and generous Canada. I believe in you. Your energy, your vision, your passion for justice are exactly what this country needs today. You need to be at the heart of our economy, our political life, and our plans for the present and the future.

And finally, to all Canadians: Canada is a great country, one of the hopes of the world. We can be a better one — a country of greater equality, justice, and opportunity. ... My colleagues in our party are an impressive, committed team. Give them a careful hearing; consider the alternatives; and consider that we can be a better, fairer, more equal country by working together. Don't let them tell you it can't be done.

My friends, love is better than anger. Hope is better than fear. Optimism is better than despair. So let us be loving, hopeful and optimistic. And we'll change the world.

All my very best,
Jack Layton

READ THE LETTER IN ITS ENTIRETY ONLINE AT METRONEWS.CA

For more coverage, go online to metronews.ca/jacklayton.

▶ **Video:** Layton's appearances on The Rick Mercer Report and an interview with Nardwuar.

▶ **Photos:** Mourners pay tribute to Layton on Parliament Hill.

Picking up the pieces in Goderich

Canada's 'prettiest' small town left in shambles after tornado

Residents of a town dubbed the prettiest in Canada wandered in shock yesterday through streets buried in rubble and mangled trees, some dissolving into tears as they took in the destruction caused by the most powerful tornado to hit Ontario in years.

The people of the picturesque Lake Huron community of Goderich seemed paralyzed, not sure what to do next. At least 37 people were injured and a 61-year-old worker at a salt mine was killed as winds of 300 kilometres per hour raged through the beach and port town of 8,000 people.

Ontario Premier Dalton McGuinty pledged at least $5 million to the town, which was hit with the province's worst tornado in the past 15 years.

THE CANADIAN PRESS

FRANK GUNN/THE CANADIAN PRESS

▶ A man and woman react as they clean up a tornado-ravaged house in Goderich, Ont., yesterday.

SERGEY PONOMAREV/THE ASSOCIATED PRESS

▶ Rebel fighters celebrate on the outskirts of Tripoli.

Gadhafi can't be found in Libya

Libyan leader Moammar Gadhafi was nowhere to be found yesterday as his 42-year rule teetered on the brink of collapse.

Months of NATO airstrikes have left his Tripoli compound largely demolished.

Most of his security forces fled or surrendered when rebel forces rolled into the capital Sunday night and took control of most of the city. Rebel spokesman Mohammed Abdel-Rahman, who was in Tripoli, said the "danger is still there" as long as Gadhafi remains on the run.

"The real moment of victory is when Gadhafi is captured," Mustafa Abdel-Jalil, head of the rebel National Transitional Council, told a news conference in the opposition's de facto capital of Benghazi, hundreds of miles east of Tripoli.

He said the rebels have no idea where Gadhafi is or if he is even in Tripoli.

NATO vowed to keep up its air campaign until all pro-Gadhafi forces surrender or return to their barracks.

The alliance's warplanes have hit at least 40 targets in and around Tripoli in the past two days — the highest number on a single geographic location since the bombing started more than five months ago, NATO announced.

THE ASSOCIATED PRESS

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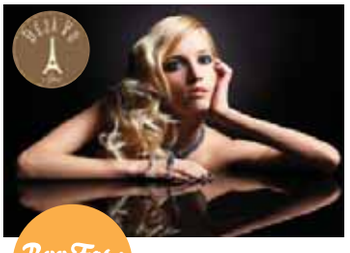

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House costs sky high

- RBC reports home ownership costs up in the second quarter of 2011
- Costs will stabilize in late 2011 to 2012: Canadian Real Estate Association

City housing ranks

RBC's housing affordability index measures the costs of owning a home at going market values.

- Vancouver is the most expensive city with costs equivalent to 92.5 per cent of a household's monthly income, up 10.4 percentage points from the previous quarter.
- Toronto is in second with 51.9 per cent, up 2 points.
- Other major cities include: Ottawa (41.2 per cent, up 1.3 points), Calgary (37.1 per cent, up 0.6 points), Edmonton (33.8 per cent, up 0.6 points) and Montreal (42.6 per cent, up 1.4 points).
- The national figure was 43.3 per cent.

Home ownership in Canada became more expensive for the second straight quarter, but recent global market and economic turmoil could actually help keep a lid on expenses by keeping interest rates low, RBC Economics reported yesterday.

During the second quarter of 2011, the proportion of pre-tax income required to service the costs of owning a home increased for all types of houses measured in RBC's housing affordability index. But that trend may turn around going forward, said Craig Wright, RBC's senior vice-president and chief economist.

"Renewed turmoil in global financial markets has caused heightened uncertainty with respect to the pace of global growth and we need to factor this into our outlook for the Canadian housing market," he said. "However, this volatility might have a silver lining: Housing affordability in Canada may not deteriorate as quickly or by as much as we previously expected."

The Bank of Canada will be in no hurry to raise interest rates, which helps keep variable-rate mortgage costs down.

RBC expects that the central bank will now keep interest rates at the current low one per cent until the middle of next year.

"The postponement of interest rate increases might motivate homebuyers to stay active longer," said Wright. THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

Dollar	TSX	Oil	Natural gas	Gold
- 0.15¢ (101¢ US)	+60.89 (12,068.36)	+ 1.86¢ US ($84.21 US)	$3.891 (- 4.9¢)	$1,891.90 (+ $39.70)

Stocks. Oil

▶ Traders work in the oil options pit of the New York Mercantile Exchange yesterday.

RICHARD DREW/THE ASSOCIATED PRESS

Restoring Libyan oil exports?

International oil prices fell yesterday because of the prospect that large oil shipments from Libya will hit the market again. It could be a year or more before this happens, but once the oil starts flowing, gasoline prices are expected to dip even further.

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Israel good to go for Google Street View

PAUL SAKUMA/THE ASSOCIATED PRESS FILE

▶ An employee drives a Google vehicle around Palo Alto, Calif., to shoot Street Views in October 2010. Israeli officials have given Google the green light to photograph its streets and cities.

Israel has given Google Inc. a green light to photograph its streets after a deal with the Internet giant meant to ensure its panoramic Street View service would not aid terrorists planning attacks on sensitive sites.

A panel of government ministers met for six months to draft guidelines meant to ensure Israel's security would not be compromised. Israel announced Sunday it had reached an agreement with Google on security and legal issues related to the project.

Google "agreed to all of our requests," said Moti Ohana, media adviser to Intelligence Minister Dan Meridor, who headed the committee. Ohana refused to divulge details of the security arrangements.

A spokesman for Google Israel said the company hopes to provide updates soon about the project's launch, but wouldn't say when the service will begin in Israel. THE ASSOCIATED PRESS

Suncor not ready for Libya return

An end to Moammar Gadhafi's rule in Libya appeared close at hand yesterday, but Suncor Energy Inc. isn't ready to return just yet.

The Canadian oil company removed its employees from the North African nation when conflict broke out in February, and its chief executive officer has said they wouldn't return as long as Gadhafi remained in power. THE CANADIAN PRESS

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Signed by Dr. Nowell Solish
on May 16, 2011

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SHE SAYS ...

JESSICA NAPIER
METRO

I always hated runners. As someone who only ever ran to catch the bus I thought of them as pretentious showoffs, herds of Lycra-clad gazelle sprinting through my neighbourhood and hogging the sidewalk.

Strangely, the more they annoyed me the more I wanted to be a part of it and so, at the beginning of the summer, I decided that maybe I should try. Of course, I couldn't muster up the motivation to get out there by myself.

I decided that if I was going to do this, a Learn to Run training clinic was probably the best place to start.

On the first day the instructor shared the secret to running: You only ever have to run for 10 minutes, and then you walk for one minute.

By maintaining a manageable 10-and-one pace, you allow your body to recuperate and are able to control that little voice inside your head telling you "This is too hard." I discovered that I could run forever if I only have to think about running another 60 seconds.

"By maintaining a manageable 10-and-one pace, you allow your body to recuperate and are able to control that little voice inside your head telling you 'This is too hard.'"

The first few weeks were torturous. My calves, shins, quads and other muscles that had been dormant for years were awoken in an excruciating manner.

Not only was I in constant physical pain, but I also felt self-conscious knowing that I didn't have any of the gear or gadgets to fit in with my new running club. Did I really need a GPS-enabled watch to calculate calorie expenditure and a four-bottle rehydrating fuel belt clipped around my waist?

But as the weeks progressed something unexpected happened — I started to enjoy myself. I felt better, ran faster and for longer, and I realized that if I stretched enough afterwards I could save my muscles from some of the burning pain I was inflicting upon them.

As I ran farther I started exploring new parts of the city. I came across hidden trails and waterfront paths populated with like-minded individuals, a dry-fit army bounding along with matching earbuds.

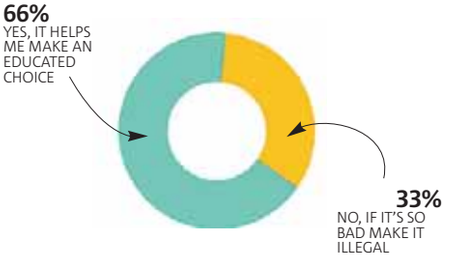
Sometimes, when I'm not too exhausted to use my facial muscles, I'll give these fellow pavement pounders a smile of recognition. I don't need to hate them any more; I'm one of them now — minus the $300 shoes and pace-monitoring shoelace clip with iPod synchronization.

Becoming a runner has made me smug — not because I think that I am better than anyone else, but because I am becoming an improved version of myself. I've been reborn to run.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metropolitanpanel.ca and take the quick poll

Should government label legal products such as tobacco and alcohol with warnings about adverse health impacts?



Layton tweets

#jacklayton #RIPjack

- **@adsnell:** Integrity , honesty , compassion
- **@anitaelizar:** I admired Jack's determination
- **@jterr88:** I'll remember his passion. Agree with him or not, his devotion to Canada was unquestionable.
- **@lovenotmakewar2:** Mr. Layton was a visionary leader but can I just take a moment to say he wore that moustache like it ain't nobody's business
- **@melikait:** His love for Canada. If we can put as much love into this country as he has, we'll be a better country #CDNpride
- **@asecording:** I'll be remembering a strong-willed man, with a passion for politics. The only one that made me want to go out and vote.
- **@arjonny:** Was a true Canadian and inspiration to anyone who knew anything about him. He was so important that his nose was underlined.
- **@brensview:** He was an honest man. He genuinely wanted to help people and make a difference in their lives. His is a sad loss.

Letters

May God bless peace upon Jack Layton's soul for eternal infinite time. Jack Layton fought for a poverty-less society through his whole life — we should carry his spirit and work for his aspiration!

ABDULLAH-BAQUIE GHAZI, TORONTO

Jack Layton demonstrated his political skill in taking advantage of the opportunity provided by the Liberals and Bloc.

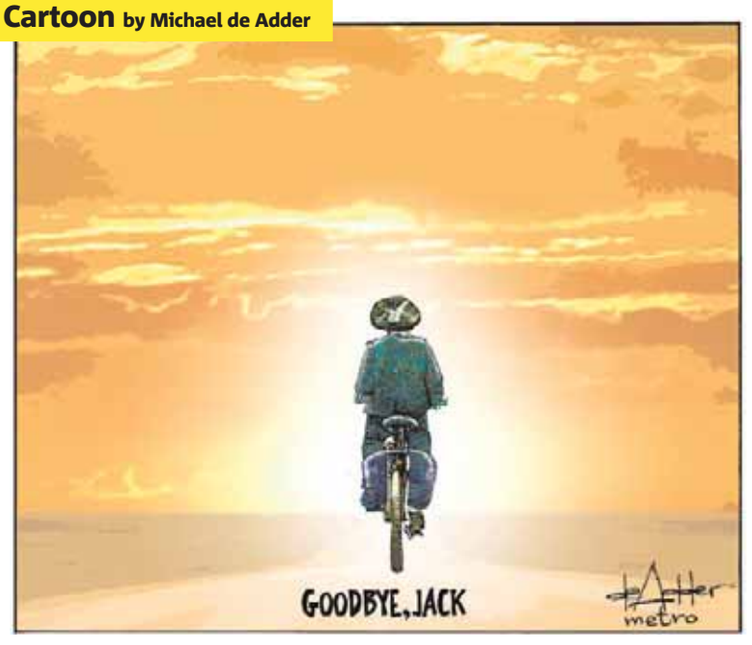
He developed his party into a mass movement and used a combination of his popular support and behind-the-scenes intrigue to propel himself into the official Opposition. Furthermore, he raised the profile of national socialism, showed how a country could behave, and created a virtual certainty that he would be misjudged by opponents. His shoes will not be easily filled.

WILLIAM PERRY, VICTORIA

I campaigned against this man, we didn't see eye to eye on many issues, yet our hearts connected by our will to serve. His spirit will carry on in service of all who stand for social justice.

KEVIN CLARKE, THE PEOPLES POLITICAL PARTY OF ONTARIO

Cartoon by Michael de Adder



WEIRD NEWS

Suspected smugglers keep pot above water

Three suspected Mexican drug smugglers have found out the hard way that unlike their boat, marijuana floats.

Mexican marines say they rescued three suspected smugglers whose boat was sinking on the Pacific Ocean and then arrested them after finding bales of marijuana floating around the vessel.

The navy said in a statement yesterday the men had been stranded off the port of Ensenada for more than a day before they radioed for help on Saturday.

Authorities suspect the men threw the bales into the water before calling for help.

The navy said that when marines reached them, the men were removing water from the sinking boat, which had suffered an engine malfunction.

More than 120 kilograms of marijuana were floating near the vessel. **THE ASSOCIATED PRESS**

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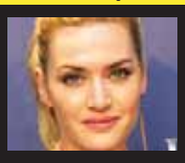
2 scene

Winslet escapes fire



Richard Branson says guests including actress Kate Winslet escaped uninjured when fire tore though his luxury Caribbean home in the middle of the night. About 20 people were staying in the house on Necker, Branson's private isle in the British Virgin Islands. Branson said the fire broke out during a lightning storm.

THE ASSOCIATED PRESS

The Glee Project, where the winner gets a role on Glee, ends with a twist.

The Untouchables

The openings of Conan the Barbarian and Fright Night have remakes on the mind of moviegoers Here, a look at five classic films that Hollywood should have left alone

Psycho (1998)

Pretty much no one should go near Alfred Hitchcock, ever. But if you're daring enough to try, you should avoid doing a shot-by-shot remake of what is probably the master's best-known film. Still, you've got to admire Gus Van Sant's chutzpah. He shot it in colour — that's different — and added a few slight tweaks. Vince Vaughn plays the iconic Anthony Perkins role of Norman Bates and Anne Heche fills in for Janet Leigh as Marion Crane. But other than that, it's the same characters, same dialogue, same camera angles, even the same Bernard Hermann score from 1960. It's an intriguing exercise but, ultimately, a noble failure.

City of Angels (1998)

Wim Wenders' Wings of Desire (1987) is a modern classic, and it featured one of the greatest performances by the late Peter Falk. Melancholy, thoughtful and visually arresting, it followed unseen angels who watched over Berlin, observing people's actions, listening to their thoughts, quietly shaping their lives. City of Angels, by comparison, was too obvious — it spelled everything out and its emotions were too tidy. Brad Silberling turned this subtle story into a simple romantic comedy starring Nicolas Cage (as an angel) and Meg Ryan (as a heart surgeon), two actors who make absolutely no sense together.

The Women (2008)

George Cukor's 1939 cat fight, based on the play by Clare Boothe Luce, was intended as a satire of society mavens and their frivolous lives. In directing for the first time and writing the script, Murphy Brown creator Diane English made it a celebration. Sure, it had an all-female cast of solid actresses (Meg Ryan, Annette Bening, Cloris Leachman), as did the original, though perhaps not quite the stellar collection that included Norma Shearer, Joan Crawford and Rosalind Russell. Cukor's tone and timing were missing; English applied all the lighthearted instincts of her sitcom background and seemingly none of the insights of the source material.

The Invasion (2007)

There've been many versions of the sci-fi classic Invasion of the Body Snatchers, but this one had the least bite. Nicole Kidman, Daniel Craig and Jeffrey Wright went to waste as a few of the last citizens who managed to remain uninfected when a gloopy substance from outer space took over the population, turning people into emotionless drones. The whole point of this story has always been to serve as a reflection of its times, This time, there were passing TV news references to the war in Iraq and North Korean leader Kim Jong Il, but the film's political ideology felt tossed-in and half-baked. Worst of all, it wasn't the slightest bit scary or suspenseful.

The Karate Kid (2010)

This is admittedly a personal, nostalgic choice. But for anyone who grew up in the '80s, The Karate Kid inspires a deep fondness. Harold Zwart's version maintained the basic structure and even some key details, like the sweep-the-leg moment in the finale. It moved the setting from Los Angeles to Beijing, that's no big deal. The main problem was the casting of Jaden Smith, who was several years younger than Ralph Macchio was and looks even younger. And so neither the fighting nor the romance with a girl who's out of his league — two key components of The Karate Kid — made sense.

THE ASSOCIATED PRESS

Benicio baby has arrived

ALL PHOTOS GETTY IMAGES

Mom, daughter of British singer-songwriter Rod Stewart, welcomes child sans del Toro

Benicio del Toro

Kimberly Stewart gave birth to a baby girl Sunday in Los Angeles, according to Us Weekly.

While the baby's father, Oscar-winner Benicio del Toro, was not present at the hospital, her equally famous grandfather, British rocker Rod Stewart was.

"Benicio is the father and very supportive," del Toro's rep said earlier this year.

"Although [he and Kimberly] are not a couple, they are looking forward to the arrival of the baby." METRO

Depardieu feeling humiliated: Friend

Gerard Depardieu

While Gerard Depardieu has been making headlines for urinating in the aisle of an airplane last week, the 62-year-old actor is feeling "humiliated," his friend Edouard Baer tells the BBC.

"Gerard was upset at this and offered to clean up the mess," Baer says. "He has prostate problems and it was very worrying and humiliating for him." Baer added that Depardieu was "stone-cold sober." METRO

Sheen, Mueller trying again?

Charlie Sheen

Three months after their divorce was finalized, Charlie Sheen and Brooke Mueller are reportedly "thinking of getting back together," a source tells Us Weekly.

The pair were spotted over the weekend boarding a private jet together and smiling.

"She's totally gung-ho," the source says.

"He just wants his kids to be happy, and if that means they need to be a family, then he is up for it. The kids have suffered a lot, and he feels so guilty lately." METRO

Radcliffe's main girl has a name

Daniel Radcliffe's mystery girlfriend has been identified as Rosanne Coker, a production assistant who worked on the last three Harry Potter films as well as Radcliffe's upcoming The Woman in Black, according to the Daily Mail.

"They would really prefer to keep things quiet," her father, Malcolm Coker, tells the newspaper.

"But they have been going out for just over a year now. I have met Daniel and he is a lovely guy." METRO

Quick Dish

Brad and his brood reeling in the fun in Scotland

GONE FISHIN'. Brad Pitt isn't letting long shooting days on World War Z keep him from enjoying being in Scotland.

The actor reportedly took his sons out for a bit of fishing recently on the grounds of their lavish rented estate, according to Us Weekly.

"Brad looked very proud of the boys, despite the fact that no one managed to catch anything," a source says.

"I don't think Brad particularly cared about getting a bite.

It was just nice to spend time with the boys after a long day at work." METRO

Celebrity tweets

@omarepps

"Dear Russell Mora, You are a travesty to all of the legitimate referees in boxing! You should be banned from the sport! Sincerely, Me"

@SarahKSilverman

"Doing whatever I want, whenever I want, is just 1 of the great things about being single & barren."

@AlecBaldwin

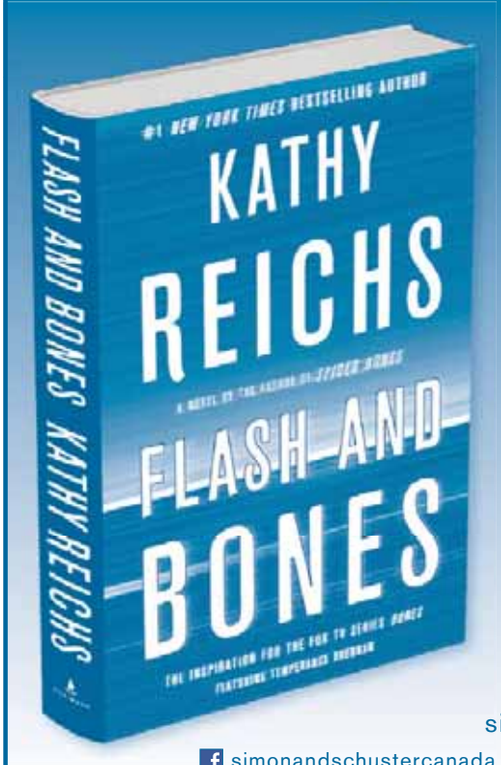
"I shall get a dog. And I shall name it..... Governor Rick Perry."

@1capplegate

"If on a juice cleanse is it ok to have bread dipped in olive oil,since oo is technically juice and bread is..oh crap I ruined my cleanse"

Fresh prince of the west coast

Prince Harry is heading to the U.S. The young royal will reportedly spend two months in California and Arizona training on Apache helicopters, according to the BBC. After becoming an Apache pilot, Harry could be sent back to Afghanistan next year. METRO

A TURBOCHARGED THRILL
Dr. Temperance Brennan is back.


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Making time for you

Wellness expert says the best way to recharge is with some alone time ◆ Unwind with you

CELIA MILNE
LIFE@METRONEWS.CA

Is life too busy? Do you feel overwhelmed? Overburdened? A little solitude may be just what the doctor ordered.

"Time alone is essential to our sanity," says Dr. Susan Biali, a Vancouver-based wellness expert, life coach and author of Live a Life You Love: 7 Steps to a Healthier, Happier More Passionate You.

You need solitude to rest, reflect, plan, dream, and breathe, explains Biali.

"If you don't get enough, you'll be cranky, stressed and even depressed."

For many people, especially introverts and creative people, constant stimulation is a form of physical and mental stress, and time alone helps to balance and defuse that stress. It can actually lower your blood pressure and deepen your breathing.

Mothers with young children and people caring for others get the least down time.

"Almost any mother I speak to says she is dying for more time alone but feels selfish or guilty in wanting it." Biali's advice? "Find the right balance for you and don't feel guilty about it. Being your healthiest, happiest and most well-adjusted self if the best gift you can give to others, as ultimately you'll be able to give to them more effectively."

Signs that you need an alone fix: You are irritable, you feel like snapping, you feel like screaming, you fantasize about time alone, you feel weepy, worn out and exhausted.

Check with your doctor to make sure you're not clinically depressed.

Chances are, you just need a break.

Get alone time

So you need more time alone. How do you get it?

- **Declare social bankruptcy** This is when your schedule and commitments are out of control and you feel like you might self-destruct. The next time someone asks for your time, you say, "I'm so sorry, but I've declared social bankruptcy until further notice."
- **Exercise alone.** People who are demanding of your time will accept your desire to exercise for a long and healthy life, even if they don't understand your need to be alone. Try blending the two together. Dr. Biali goes for a walk every single morning by herself, to clear her head and gain energy for the day. Or, escape to the exercise bike in the basement.

TURNER CLASSIC MOVIES

▶ "I never said, 'I want to be alone.' I only said, 'I want to be left alone.' There is a whole world of difference," actress Greta Garbo famously mused.

Research

Research has already found that Canadians think they're skinnier and taller than they really are, but a new study suggests they're also off the mark when it comes to the height and weight of their kids. The Statistics Canada research suggests rates of childhood obesity in the country are inaccurate as they most often rely on data from parents. The study found that on average, parents underestimated their child's height by 3.3 centimetres and weight by 2.4 pounds.

THE CANADIAN PRESS

Female smokers' bladder cancer risk now equals that of males: study

You should try the minimum

Even 15 minutes of exercise a day can add years to life, study finds ◆ Don't use it to slack

Don't despair if you can't fit in the recommended 30 minutes of daily exercise. Growing evidence suggests that even half that much can help.

It's still no excuse to slack off. Regular exercise strengthens muscles, reduces the risk of some diseases and promotes mental well-being. The more exercise, the better.

But not everyone has the time or willpower. So researchers set out to find the minimum amount of physical activity needed to reap health benefits. The findings by a study in Taiwan suggest just 15 minutes of moderate exercise a day can lead to a longer life. This "may convince many individuals that they are able to incorporate physical activity into their busy lives," Dr. Anil Nigam of the University of Montreal said in an email.

Nigam had no role in the research but wrote an editorial on the study published last week.

Fitness guidelines recommend that adults get at least a half-hour of moderate workout most days.

THE ASSOCIATED PRESS

FILE PHOTO/THE ASSOCIATED PRESS

▶ New research concludes that even 15 minutes of moderate exercise a day can add years to your life.

A stroll down Nu Greek St.

Nu Restaurant's sister street carts are dishing up the comfort food of Greece

LUNCH RUSH

ERIN IRELAND
FOOD@METRONEWS.CA

ERIN IRELAND

▶ Lamb Souvlaki Pita.

If I'd first touched it with eyes shut, I might've guessed it was dough.

At Harry Kambolis' food carts — Nu Greek Street — you can find Chicken and Lamb Souvlaki with pitas so pillowy soft and warm, the simple experience of holding it is, in itself, pleasurable.

Nu Greek Street
Granville & Georgia/ Howe & Dunsmuir
nurestaurant.com
Social lunch: Yes
Quick solo lunch: Yes
Price range: $4 - $6.50
Rating: 3.5 out of 5

So popular have these inexpensive Greek street lunches become that a second Nu food cart opened at Howe and Dunsmuir.

Aside from its naan-like carbohydrate casing, the sandwich was traditional. Local tomatoes and onions, along with a generous spoonful of light, garlicky tzatziki, were slathered on top.

The moderate portion of lamb varied in tenderness. Though it was extremely flavorful (nice and salty), half of my bites were too tough to chew. The other half were succulent. Perhaps a star-crossed skewer.

When hit by a Parthenon-sized craving, however, I'm fairly certain Nu will do the trick. At $6.50, you can't go wrong.

MATTHEW MEAD/ THE ASSOCIATED PRESS

Doctored Ice Cream

No time to whip up homemade ice cream? You can doctor the purchased variety.

Preparation:

1. Open ice cream and microwave on high power for 30 seconds. It's best to work in 10-second intervals, checking ice cream between each. You are aiming for just soft enough to mix with a spoon, but not melted.
2. Transfer softened ice cream to large bowl and add the ingredients of your choice. Mix well, then transfer to a litre-size container with a tight lid. Freeze until solid, 1 to 2 hours.

THE ASSOCIATED PRESS

Ingredients:

- 500 ml (1 pint or 2 cups) vanilla or chocolate ice cream

Add-In Suggestions

- Dried cherries and broken chocolate-covered pretzels
- Crumbled chewy molasses cookies and apricot jam
- Crushed banana chips, mini marshmallows and mini chocolate chips
- Cubed pound cake and chopped strawberries
- Almond extract and chunks of marzipan

3 POSES TO BEAT A HANGOVER

STEPHANIE KNUTTSON

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LESSONS IN CHEAP

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Feeling stressed about back-to-school shopping? You're not alone! According to a July 2011 survey conducted by VISA, Canadian households are frazzled by the crowds and are feeling gouged at the till.

The average family plans to spend $400 dollars this year on back-to-school paraphernalia. Of that, almost 50 per cent will be allocated towards clothing.

Save money on back-to-school shopping by slicing your budget in half, starting early and getting creatively frugal. Take an inventory of what you already have; pens, paper, software, backpacks, etc. Don't buy new supplies just because Junior wants them. Shop for necessary supplies throughout the year when stores have sales. Many stores are suffering from low consumer spending and plan to blow out inventory at clearance prices this fall to stimulate sales volumes. Get there early before the quality supplies have been picked over.

Hit up thrift shops, garage sales, neighbourhood clothing exchanges, and websites like eBay or Craigslist. See if you can pick up gently used supplies, computers, furniture, or clothing.

Costco or other wholesalers carry a variety of back-to-school inventory at affordable prices. If your kids have outgrown clothes or no longer need their textbooks, sell them on consignment or exchange with another family.

You don't need to spend hundreds of dollars on back-to-school shopping. School is a place of learning, not a fashion show.

Is the fund love mutual?

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

As the last 10 days, and indeed the last 10 years of the stock market have taught us, the financial you-know-what hits the fan on a pretty regular basis.

Recently, many pundits have urged us not to sell our holdings (usually mutual funds) in a panic because good investments will survive the carnage.

This is essentially the buy and hold philosophy, which has been a staple bit of investment advice for decades.

The trouble is it works just fine for mutual fund companies and commission based advisors because they get paid through fees as long as you hang on to your funds. But it doesn't work for most investors.

The reason is that during market meltdowns bad investments are hauled down further than good ones. They also take longer to recover and some never do.

How do you know you've got a stinker of a fund? Easy. Look it up. One of the best sites is morningstar.ca. Type in the name of your fund then click View Quicktake Reports.

Look down the quote page to the performance chart to see how well the fund has done over time compared to its category.

The chart will show a graph with three lines indicating how your fund fares relative to its category and also relative to the broader market.

For example, a broad-based Canadian equity fund would be compared against its category and also against the S&P/TSX Composite Index.

ISTOCK

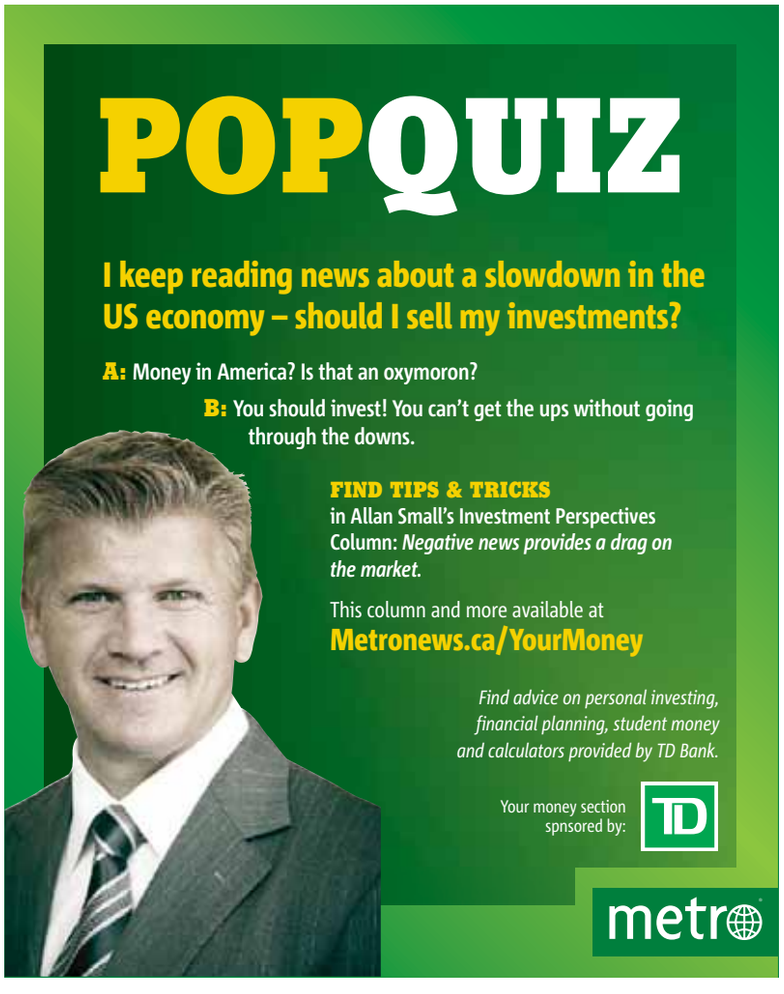
▶ Alison's money rule: A down market is the perfect time to evaluate the quality of your mutual funds.

You can also ask your advisor to pull up the same information for you on each of the funds you hold.

Note that most mutual funds will not perform as well as the index. Your goal is to have funds that outperform their category.

If any of your funds are sub-par you may want to sell and buy better ones in the same category (check into deferred sales charges first).

You will likely still get sucked down by stock market meltdowns when they happen but a good fund will ride it out much better than its lower quality cousin. **CONTACT ALISON AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM**


POPQUIZ
I keep reading news about a slowdown in the US economy – should I sell my investments?
A: Money in America? Is that an oxymoron?
B: You should invest! You can't get the ups without going through the downs.
FIND TIPS & TRICKS
in Allan Small's Investment Perspectives Column: Negative news provides a drag on the market.
This column and more available at
Metronews.ca/YourMoney
Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.
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4 sports

A year spent in the rough

STEVE DYKES/GETTY IMAGES

▶ Graham DeLaet entered three events in June before his back pain returned.

Back problems have kept Graham DeLaet from following up on his strong PGA debut in 2010

This was supposed to be Graham DeLaet's time to shine.

With an impressive rookie season on the PGA Tour under his belt and a wide open landscape in Canadian golf, the 29-year-old from Weyburn, Sask., seemed poised to step to the forefront of the sport in this country.

Instead, his 2011 season never even got off the ground. DeLaet had back surgery the first week of January and appears likely to finish the year having only played a handful of tournaments.

"When I'm feeling 100 per cent, I'm going to (return)," DeLaet said yesterday in an interview. "I'm not going to do it any sooner than that."

He already got a small taste of what it's like to come back too soon, having entered three events in June before the soreness and stiffness returned.

There remains a possibility he might take part in the PGA Tour's Fall Series — four tournaments held in October following the playoffs — but it is far from certain. That was the best stretch of events DeLaet played as a rookie last season and allowed him to keep his fully exempt status.

It would be tough to let them pass by this year.

"I played well in the Fall Series last year so that part of me wants to get going," said DeLaet. "But at the same time, I had that feeling in June and I went out and played and it was just too early. The competitor inside me wants to go but I think you have step back and look at the big picture before you make any kind of commitments."

"There was a time in December, January and February — when I was in really bad pain and right after my surgery — when you think about the worst things. The worst thoughts cross your mind: 'Will I ever be able to play again?'"
GRAHAM DELAET

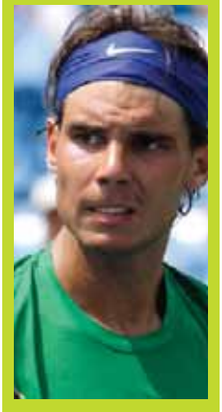
There is some reason for optimism. DeLaet's back has progressively started feeling better in recent weeks and he's found himself able to perform more challenging positions in bikram yoga.

DeLaet plans to ask the Tour for a medical exemption that will give him 26 total tournaments in 2012 to earn the equivalent of 125th spot on the money list this year.

The back problems date back to an injury DeLaet suffered while playing hockey as a teenager. The pain became unbearable towards the end of last year, forcing him to have surgery to remove a portion of a herniated disc.

THE CANADIAN PRESS

Quoted



"(The) diagnosis had initially been like a shot to the head. The bone still hurts me. It remains under control, just, but we can never drop our guard."

TENNIS STAR RAFAEL NADAL IN HIS NEW AUTOBIOGRAPHY, RAFA. THE SPANISH PLAYER WRITES THAT DOCTORS DISCOVERED A RARE FOOT INJURY IN 2005 THAT HAD THE POTENTIAL TO SIDELINE HIM FOR GOOD, PROMPTING THOUGHTS OF A FUTURE IN GOLF.

Scan code for more sports news.

Raiders roll dice on Pryor

The Oakland Raiders used a third-round pick yesterday in the NFL's supplemental draft to select former Ohio State quarterback Terrelle Pryor.

The Raiders and the league announced that Oakland used the 18th selection of the round for Pryor.

Pryor will not be eligible to practice with or play for Oakland during the regular season until the team's sixth game. When he was allowed to enter yesterday's draft, he was handed a five-game suspension by commissioner Roger Goodell. Pryor gave up his final season with the Buckeyes after an investigation into the team's memorabilia-for-cash scandal.

THE ASSOCIATED PRESS

BARRY REEGER/THE ASSOCIATED PRESS

▶ Terrelle Pryor

Sports in brief

Cubs put shortstop on bench

BASEBALL. Cubs shortstop Starlin Castro was held out of the starting lineup against Atlanta last night, one night after television cameras caught him not paying attention in the field as a pitch was thrown.

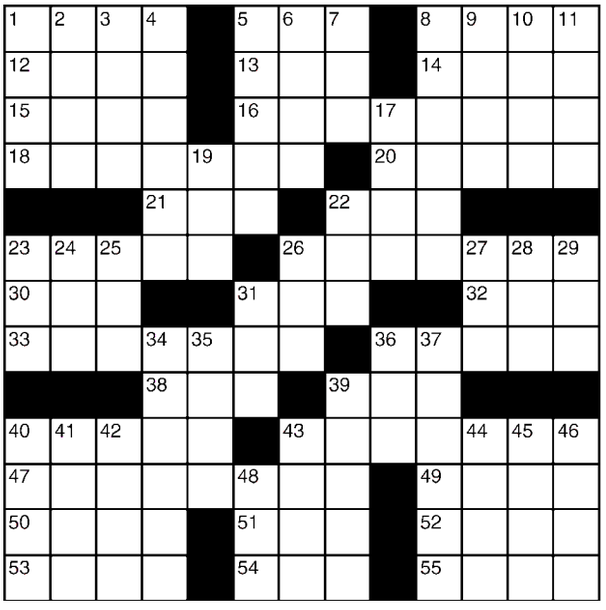
THE ASSOCIATED PRESS

Silver medal for Canada

BASKETBALL. The Canadian men's basketball team are heading home with silver from the World Universiade, after losing to Serbia 68-55 in yesterday's final.

THE CANADIAN PRESS

Crossword



Across
1 Difficult
5 Burst
8 Crooned
12 Old map abbr.
13 Exist
14 Akron's state
15 Wash
16 Wearables
18 Wearables
20 Deep canyon
21 Kids' pie filling?
22 Letter between ex and zee
23 Rush
26 Wearable
30 Wapiti
31 Arctic diving bird
32 Vast expanse
33 Wearables
36 Occurrence
38 Sailors' org.
39 Sheepish remark
40 "Ivanhoe" author
43 Wearable
47 Wearables
49 Entreaty
50 Anise-flavored Greek liqueur
51 Playground game
52 Black, in poetry
53 Adolescent
54 Pigpen
55 Unpleasantly moist

Down
1 Storytelling dance
2 Without delay, on a memo
3 Invitation initialism
4 Saw things in the night?
5 Manhandled
6 Exam format
7 Apiece
8 Fruity dessert
9 Captain's call
10 See 23-Down
11 Leaves
17 Week components
19 Wish otherwise
22 Stir-fry pan
23 With 10-Down, important woman
24 — carte
25 Enjoy Aspen
26 Slice
27 Work with
28 Fellows
29 Dine
31 Raggedy one?
34 Sheep meat
35 Bk. before Job
36 Listener
37 Improvised
39 Loose, as pants
40 Edinburgh resident
41 Hint
42 Leak slowly
43 Summertime pest
44 Exile isle
45 Night light
46 Propane holder
48 "— Impossible"

▶ Yesterday's answer

I	T	C	H		S	A	G		R	O	M	A		
S	H	O	O		A	D	A		E	D	A	M		
N	O	N	O		M	O	N	O	P	O	L	Y		
T	U	N	D	R	A		G	N	O	M	E	S		
			O	U	R	S		A	T	E				
M	O	N	O	L	I	T	H		S	T	I	R		
P	R	O		E	U	R	O	S		E	R	A		
G	E	N	T		M	O	N	O	G	R	A	M		
		S	O	W		P	O	L	O					
I	C	E	B	A	G		R	O	L	L	O	N		
M	O	N	O	X	I	D	E		D	I	D	O		
A	L	S	O		R	U	E		E	R	O	S		
M	E	E	T		L	O	S		N	A	R	Y		

Sudoku

	3			9		6		
				4			8	7
				5	7	1		3
1	2				3		4	
				2				
	6		7				5	2
6		9	5	3				
8	5			7				
		3		1			6	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

9	2	6	1	3	5	7	8	4
4	1	5	6	7	8	2	3	9
8	7	3	4	9	2	1	6	5
5	8	1	3	4	7	6	9	2
2	3	4	8	6	9	5	1	7
7	6	9	2	5	1	3	4	8
3	5	2	9	1	4	8	7	6
1	9	7	5	8	6	4	2	3
6	4	8	7	2	3	9	5	1

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

M.T.C - Hey my love, reminding U that your my everything, my world nd my heart!! I can't wait for my knight nd shining armor to arrive at my front door, so we can continue our journey together....:> Luv u with all my heart nd soul baby...nd if your a good boy you will be rewarded greatly when u come home!!!!
T.I.N.A.

Jiffy - I love you so much sweetheart, you mean everything to me, I wouldn't be myself without you :) I wanna thank you for loving me back just as much as I love you. Remember your my jelly to my peanut butter and jelly sandwich :) I love you baby!
SMUCKERS

MAN - Forget not about me. Please always remember. Even though you have a girlfriend, I will be your best friend, until our happily ever after. **WOMAN**

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20°/15°
Sunny
Wednesday
22°/16°
Variable
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 If certain people disapprove of what you are doing that's a sure sign you are doing the right thing.

♉ Taurus April 21-May 21 No matter how reserved you may be most of the time you will go right the other way over the next 24 hours, and with good reason.

♊ Gemini May 22-June 21 Move with the times, even if it means making sacrifices that might not come easy.

♋ Cancer June 22-July 22 You have grown tired of doing the same old things in the same old ways, so by all means shake things up a bit.

♌ Leo July 23-Aug.23 Do something random and irregular today, something that reminds friends and work colleagues alike that they should never take you for granted.

♍ Virgo Aug. 24- Sept. 22 Do you know what it is you are aiming for? All you have to do now is go on and get it.

♎ Libra Sept. 23-Oct. 23 Life always balances itself out in the end – so why worry?

♏ Scorpio Oct. 24-Nov. 22 Change is not something to be feared but welcomed.

♐ Sagittarius Nov. 23-Dec. 21 Anyone who expects you to give up on something just because they have placed obstacles in your path doesn't know you too well.

♑ Capricorn Dec. 22-Jan. 20 Certain people need to be reminded just how special you are.

♒ Aquarius Jan. 21-Feb. 18 A new money-making opportunity will help wipe out your debts.

♓ Pisces Feb. 19-March 20. Always ask for help, and you'll always get it. SALLY BROMPTON

Caption contest

ITSUO INOUYE/ THE ASSOCIATED PRESS

AL BEHRMAN/ THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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950 West Broadway
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1092 Kingsway
625 Howe St.
551 Robson St.

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2142 Clearbrook Rd.
2602 Mt. Lehman Rd.
32465 South Fraser Way
2140 Sumas Way

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26310 Fraser Hwy.

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Crystal Square
Lougheed Mall
Metrotown/Metropolis
4501 North Rd.
4711 Kingsway
3823 Henning Dr.
3430 Brighton Ave.

Chilliwack
Cottonwood Mall
45300 Luckakuck Way
45905 Yale Rd.
7544 Vedder Rd.

Cloverdale
17725 64th Ave.

Coquitlam
Coquitlam Centre
3278 Westwood St.
3000 Lougheed Hwy.
2988 Glen Dr.
1071 Austin Ave.
2700B Barnet Hwy.

Delta
Scottsdale Mall
7235 120th St.
1517 56th St.

Langley
Walnut Grove Town Centre
Willowbrook Shopping Centre
19638 Fraser Hwy.
19700 Langley Bypass
20159 88th Ave.
20202 66th Ave.

Maple Ridge
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32670 Lougheed Hwy.
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1392 Main St.

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Ironwood Mall
Parker Place
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